



AT SIENA HILLS

455 SW Ankeny Rd | Ankeny, IA 50023 | 515-776-6325 | EdencrestLiving.com

"Edencrest is Excellence."

The Siena Hills Star

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UPCOMING EVENTS!!



There is a lot to be excited about at Siena Hills! We would like to welcome you to come see our community first-hand, and experience the passion of our incredible staff at one of our upcoming events:

December 4th-Fireside Chat with Ankeny FD (10am)

December 6th-Informational Meeting (9:30am)

December 7th-Lunch and Learn with local Pilot (11:30am)

December 9th-Girl Scouts Caroling (2pm)

December 15th-Jingle and Mingle (2pm)

December 18th-Informational Meeting (9:30am)

Don't get caught in the cold! Schedule a time to tour our beautiful, one story, 44-apartment community! We also have short-term winter stay options available, and would be more than happy to show you why Edencrest at Siena Hills can make your retirement years the best years yet! Call us at 515-776-6325, or email welcomesh@edencrestliving.com to schedule a time!

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Culinary Corner

Icy Gingerbread Loaf

INGREDIENTS:

- 1 ½ cups flour
- 2 teaspoons ground cinnamon
- 1 teaspoon ground cloves
- 2 ¼ teaspoons ground ginger
- 1 teaspoon salt
- 1 teaspoon baking soda
- ½ cup butter, softened
- 1 cup sugar
- 1 cup unsweetened applesauce

FROSTING:

- 3 tablespoons butter
- 3 cups powdered sugar
- 2 ounces cream cheese
- ½ teaspoon vanilla
- 4-6 tablespoons milk



1. Preheat oven to 350 degrees. Line a 9x5 inch bread pan with nonstick foil and spray with nonstick spray.
2. In a medium bowl whisk together flour, cinnamon, cloves, ginger, salt, and baking soda. In a large bowl cream together butter, sugar, and applesauce.
3. Add dry ingredients to wet ingredients and mix until blended. Pour mixture into prepared baking pan. Bake for 45-55 minutes until a toothpick inserted into the center comes out clean. Allow to cool on a cooling rack.
4. For the frosting, in a medium bowl cream together butter, cream cheese, powdered sugar, vanilla, and milk until smooth and spreadable.
5. Spread over cooled gingerbread loaf. Allow to set up for 1 hour (or if you can't wait you can serve it immediately, but I like it best when the frosting has a chance to set up a bit!). Store in airtight container.

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Beat the Winter blues!

With winter coming, the winter blues are sure to follow. Here are some easy ways to beat the sadness!

Stay Active

- * Taking a short walk will keep up energy levels.

Get Fresh Air

- * Fresh air will be a cool wake-up to your lungs and brain.

Stay Warm

- * Cozy clothes, warm drinks and food can cut the winter blues in half! Staying warm gives the body a sense of peace.

Eat Healthy

- * A healthy diet will boost your mood and give you more energy! Carbs, vegetables and fruits are key!

Start a new Hobby

- * This will excite your brain and give you something to look forward to!

See those you love

- * Studies have shown that socializing improves mental health.

Let the Light in!

- * Open the shades, sit by the window, turn on lamps; these are all good ways to shut out the winter darkness!